

Today's date _____

Weekend choice _____

I'm interested in making a Beginning Experience® weekend.

Name _____

Address _____

City/State/Zip _____

E-mail address _____

Home phone _____

Cell phone _____

Religious affiliation _____

Name of church _____

Date of birth _____

Male Female

How long were you married? _____ How long have you been single? _____

Separated Divorced Widowed

Number of children _____ Ages _____

How did you hear about the Beginning Experience® weekend? _____

What do you hope to get from the weekend? _____

In case of emergency, please notify: _____

Name _____ Phone _____

Your signature _____

Mail application and \$50 (check payable to Beginning Experience) to:

Beginning Experience
c/o Gayle Terres
23814 East Biddle
Broken Arrow, OK 74014

Tulsa 2011-09

Where is the weekend held?

- St. Scholastica Retreat Center at Fort Smith, AR.

When are the weekends held?

Feb. 17-19, 2012 Ft. Smith, AR

June 8-10, 2012 Ft. Smith, AR

Sept. 14-16, 2012 Ft. Smith, AR

The Beginning Experience® weekend begins at 7:30 Friday evening and closes with Mass on Sunday afternoon.

How much does a weekend cost?

\$195 includes the program, materials, lodging for two nights and five meals. A deposit of \$50 prior to the weekend secures your room. The balance can be paid at the weekend or by a pre-arranged payment plan. No one will be denied a chance to attend a weekend due to financial reasons.

For more information contact:

by phone:
918.200.2981 (*Oklahoma*)
870.265.6322 or 479.267.6905 (*Arkansas*)

e-mail: Tulsa.LR.BE@gmail.com
www.beginningexperience.org

Tulsa Diocese Family Life Office
phone: 918.307.4939
e-mail: familylife.office@dioceseoftulsa.org

Little Rock Diocese Family Life Office
phone: 501.664.0340, ext. 373
ereha@dolr.org

®

Widowed • Separated • Divorced

**Help for the heartache
of finding yourself
alone again.**

BEGINNING EXPERIENCE®

*A weekend
away for
a lifetime
of change.*

®

The pain of loss

The loss of a loved one through separation, divorce, or death is one of life's most traumatic experiences. It can result in nearly unbearable feelings of loneliness and grief.

Many people who have suffered this loss feel left out by their church, uneasy around married friends, unsure of themselves and uncertain about their futures.

Hope for a new beginning

The *Beginning Experience* weekend program helps grieving single-again persons emerge from the darkness of grief into the light of a new beginning, and move into the future with renewed hope. The program helps deal with the natural grief process and offers an opportunity, through God, for turning the pain of loss into an experience of positive growth.

Founded by a Catholic nun and rooted in the Christian tradition, the ministry's open, ecumenical spirit serves those of all faiths.

Experience of community

From Friday evening through Sunday afternoon, the *Beginning Experience* program is presented by a team of people who have suffered the loss of a loved one and are willing to share their own experience to help others.

Team members lead participants through a program of presentations, personal private reflection, and small group sharing. A sense of community develops in an atmosphere of care and concern that is a hallmark of each *Beginning Experience* weekend.

Who should attend

The *Beginning Experience* weekend is designed to be a time of closure on the past and renewed hope for the future. Those who come should be beyond the initial feelings of anger and despair which usually follow the loss of a loved one. They should be at the point of wanting a new beginning and ready to work to make that desire a reality.

Once the application for the weekend is received, someone is available to help each person determine his or her readiness for the program.

What participants say

"I was nervous about going to the *Beginning Experience*, but I'm glad I did. I feel more alive than I have in years."

"...my first step out of grief and self pity. I took a fresh look at the choices I have now to make my life a good one."

"I found people all around who accepted me without judgment and cared for me."

"It was a time just for me, to explore where I've been in my life and where I'm going."

"I have so much more energy now for my children and my job."

"...worth every dollar and many more. It was the best gift I ever gave myself."

The results

Those who've attended the weekend program report:

- Increased emotional health and self respect
- New skills to deal with the pain of loss
- Healthier family relationships
- Renewed energy to be more effective parents, return to their church, and improve the standard of living for themselves and their families.

The invitation

Whether you choose to attend the *Beginning Experience* weekend only, or in addition to other support for the single again, the program's invitational process offers the opportunity to move toward a new beginning in life. Its quality and effectiveness are well documented.

- Developed by respected professionals in grief psychology, ministry, education and organizational process, the program is both psychologically and spiritually sound.

- The ministry has been honored by the North American Conference of Separated and Divorced Catholics and the National Association of Catholic Family Life Ministers, participated in the International Conference for the World Federation for Mental Health in Ireland, and addressed the Australian government's Year of the Family Congress.
- To ensure the integrity of the copyrighted program, the *Beginning Experience* International Ministry Center periodically certifies 120 peer ministry teams worldwide to present the program.

BEGINNING EXPERIENCE®

866.610.8877

www.beginningexperience.org